

SNOHOMISH COUNTY

# DISASTER PREPAREDNESS GUIDE

*Agencies are  
preparing...  
it's time you  
prepare yourself.*

MAKE  
A  
PLAN

MAKE  
A  
KIT

STAY  
INFORMED

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Snohomish County Chapter



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# Be “**schooled**” for emergencies!



**reYOUnification:** | re-yoo-nuh-fi-kay-shun | *noun*

1. Following a school emergency, reYOUnification is the careful and thoughtful process your local school district uses to ensure students are released to their authorized guardians. ReYOUnification is a partnership in which **YOU** have a role to pre-think, prepare and remain calm during school emergencies.

## Stay connected and keep informed.

Everett Public Schools & Many local school districts use FlashAlert Messenger, Twitter, Facebook, text and phone message systems to get school-related emergency and reYOUnification messages to parents. Please connect with your school district v learn more.



## How **YOU** can help prepare your family to be ready for a school district emergency.

- Become familiar with your school's emergency notification systems
- Ensure up-to-date phone, text and email numbers are on record at each school a student in your family attends
- Ensure there is an emergency contact if schools can't reach parents or guardians
- In an emergency, keep your phone lines open
- Keep school phone lines open; schools need clear lines to connect with emergency responders
- Keep roads to schools open; emergency responders need quick access to schools
- Listen for reYOUnification location announcements; go there, not to the school
- Take ID to reYOUnification locations; be patient; students are released ONLY to adults you have authorized and who have ID
- Load I.C.E. (In Case of Emergency) numbers into students' cell phones (and yours)
- Have your own family emergency plan



Please read the **Family Disaster Plan** article on (page 6) of this guide to learn more »

### The Move to 14 Days

The Snohomish County Department of Emergency Management (DEM) has increased their recommended guidelines of household food and water supplies in disasters and emergencies. DEM now recommends that individuals should stock up to 14 days of food and water per person. This change results in part from the lessons learned from such recent disasters as Hurricane Matthew and the 2016 Louisiana Floods. The old messaging, “three days three ways” just doesn’t meet the need in large scale disasters. DEM’s Director Jason Biermann advises, “The ability for our community and individuals to be resilient in a disaster relies heavily on how well they are prepared. This includes having adequate supplies of food and water on hand before a disaster.”

### Hazards in Our Own Back Yard

Cascadia Rising, a four day exercise based on an earthquake scenario, was an eye opener as it demonstrated the potential impacts we could face in the Pacific Northwest. The exercise simulated a 9.0 magnitude earthquake taking place along the Cascadia Subduction Zone, a fault that stretches from Northern Vancouver Island to Cape Mendocino, California.

In a large scale disaster, such as portrayed in Cascadia Rising, emergency response systems will likely be overwhelmed. Incoming food and water supplies could be delayed as transportation routes are made impassible due to debris. Individuals need to be as self-reliant as much as possible to make it through.

## Snohomish County Recommends 14 DAYS OF PREPAREDNESS

### ‘Pantry Style’ Preparedness

Some may find purchasing 14 days of food and water overwhelming. One way to overcome this task is to think of your disaster preparedness food storage as an extended pantry. Instead of purchasing designated food only for use during a disaster; try increasing storage of your food and water supplies within your day to day food pantry.

The Snohomish Department of Emergency Management Deputy Director, Dara Salmon uses a pantry style method for disaster preparedness. “Pantry style food preparedness works well for my family. We use the food throughout the year and replace items as needed. I take advantage of sales to stock up on items that I know my family would want to eat now or during a disaster” shared Deputy Director Salmon.

**For more information on how you can stock up on food and water supplies visit: [www.snohomishcountywa.gov/719/](http://www.snohomishcountywa.gov/719/) Personal-Preparedness.**

## Tips

### for ‘Pantry Style’ Preparedness:

- Organize your pantry by placing older items in the front. This helps ensure foods don’t expire; causing them to be wasted.
- Buy items a little bit at a time. This will not only help spread out the cost but will also help you avoid having a large amount of food expire at the same time.
- Make sure your pantry contains items that can be prepared without power. Do you have a manual style can opener? Will your family eat the food items cold if there are no means to cook the food?
- Incorporate other sources of liquid in your food supplies such as juice and non-refrigerated milk or soy drinks.
- It’s a good idea to store food in multiple areas that you can easily access in a disaster situation using air tight, pest proof containers.
- Include items high in vitamins and protein such as cereals, nut butters, canned meats, beans and vegetables.



## DISASTER & EMERGENCY PREPAREDNESS

### DID YOU KNOW?

- The Port of Everett has implemented a comprehensive Disaster Recovery Plan that is updated on a regular basis
- The Port has adopted the National Incident Management System (NIMS), requiring basic Incident Management System training (ISC-100) for all Port staff and higher training for certain positions
- In the past 12 months, the Port has conducted three disaster exercises with staff; two table-top exercises and one functional field drill
- Approximately 60% of Port staff are first-aid/CPR and AED certified, and several staff have completed Community Emergency Response Training (CERT)
- The Port partners with local fire and police jurisdictions to provide its Seaport and Marina facilities for emergency drill simulations to enhance emergency response
- The Port has a mutual aid agreement in place through the Washington Public Ports Association for resource sharing, and works closely with the City of Everett, Snohomish County and Naval Station Everett on a day-to-day basis as well as during emergency response

### CONNECT WITH US!



[WWW.PORTOFEVERETT.COM](http://WWW.PORTOFEVERETT.COM)



# PLAN FOR PETS AND OTHER ANIMALS

**Plan to take your pets with you in an emergency. If it is not safe for you to stay, it is not safe for them either.**

- Know which hotels and motels along your escape route will accept you and your pets in an emergency. Call ahead for reservations if you know you may need to evacuate. Ask if no-pet policies could be waived in an emergency.
- Most Red Cross shelters CANNOT accept pets because of health and safety concerns and other considerations. Service animals that assist people with disabilities are allowed in Red Cross shelters.
- Know which friends, relatives, boarding facilities, animal shelters or veterinarians can care for your animals in an emergency. Check ahead for pet-friendly hotels/motels. Prepare a list with phone numbers.
- Although your animals may be more comfortable together, be prepared to



Planning for livestock, horses and other animals visit **RedCross.org**, **HSUS.org** or **Ready.gov**.

house them separately.

- Include your pets in evacuation drills so they become used to entering and traveling in their carriers calmly.
- Make sure your pet's vaccinations are current and all dogs and cats are wearing collars with securely fastened, up-to-date identification. Many pet shelters require proof of current vaccinations to reduce the spread of disease.

- Consider having your pet "micro-chipped" by your veterinarian.
- The behavior of pets may change dramatically after a disaster, becoming aggressive or defensive, so be aware of their well-being and protect them from hazards to ensure the safety of other people and animals.
- Watch your animals closely and keep them under your direct control as fences and gates may have been damaged.
- Pets may become disoriented, particularly if the disaster has affected scent markers that normally allow them to find their home.
- Be aware of hazards at nose and paw or hoof level, particularly debris, spilled chemicals, fertilizers and other substances that might not seem to be dangerous to humans.
- Consult your veterinarian if any behavior problems persist.
- Bring pets inside so you won't have to search for them if you have to leave.

## PORTABLE PET EMERGENCY KIT CHECKLIST

- Important pet documents (Shot records, ownership papers, microchip registration, phone numbers of your vet and "pet buddy" and a current photo of each pet).
- Water, food, and bowls
- Disinfectant and cleanser to handle animal waste properly.
- Cat litter, disposable litter pans and plastic bags.
- Pet carrier
- Towel and blankets, toys, brushes and combs.
- Medications
- Leashes and collars with current license, identification and rabies tags.
- First aid supplies including bandages, adhesive tape, scissors, gauze, antiseptic, ice pack, tweezers and antiseptic ointment.

## Taking Care of Your Emotional Health after a Disaster

Disasters are upsetting experiences for everyone involved. When we experience a disaster or other stressful life event, we can have a variety of reactions, all of which can be common responses to difficult situations. These reactions can include:

- Feeling physically and mentally drained
- Having difficulty making decisions or staying focused on topics
- Becoming easily frustrated on a more frequent basis
- Arguing more with family and friends
- Feeling tired, sad, numb, lonely or worried
- Experiencing changes in appetite or sleep patterns

Most of these reactions are temporary and will go away over time. Look for ways to take one step at a time and focus on taking care of your disaster-related needs and those of your family.

## When the Challenges Are Ongoing

Many people have experience coping with stressful life events and typically feel better after a few days. Others find that their stress does not go away as quickly as they would like and it influences their relationships with their family, friends and others.

If you find yourself or a loved one experiencing some of the feelings and reactions listed above for two weeks or longer, this may be a sign that you need to reach out for additional assistance.



**American Red Cross**

American Red Cross | (425) 252-4103 | visit [redcross.org/snoco](http://redcross.org/snoco)

# Don't Play With 911

Making false calls or testing the 911 texting service takes valuable response time away from those who are in need of emergency help.

If you contact 911 by mistake, don't disconnect. Let the dispatcher know there is no emergency.



**Snohomish County**  
E911 Office

[www.snohomishcountywa.gov/E911](http://www.snohomishcountywa.gov/E911)



# Power Outage Reporting:

## 425-783-1001 (any day, any time)

**BE EMERGENCY SMART!** Assembling an *Emergency Preparedness Kit* is easy. Most of the stuff is already in your house. This kit will help you get through an outage lasting three to five days:

- Three- to five-day supply of non-perishable food that needs little or no cooking
- Blankets and pillows
- Portable, battery-powered radio and clock
- Flashlights
- Extra batteries
- Manual can opener, bottle opener, and utility knife
- First-aid kit
- Bottled water (minimum two quarts per person per day but preferably one gallon per person per day)
- Candles
- Matches in a waterproof container or a lighter
- Cooler (and keep ice or ice packs ready in your freezer)
- Personal hygiene, sanitary supplies
- Cash (ATMs and banks may not be available)
- Pet supplies for three to five days
- Playing cards, games, and books for entertainment
- Prescription medications
- Phone charger for a car



# FAMILY DISASTER PLAN

## Just for Kids

"Disaster Master" and "Build a Kit" Games:  
[www.ready.gov/kids](http://www.ready.gov/kids)

Sesame Street's "Let's Get Ready" program helps children create a family emergency kit and plan.  
<http://www.sesamestreet.org/toolkits/ready>

## 4 Steps to Family Safety

1

### Find out what could happen to you

Contact your local emergency management or the Red Cross:

- Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
- Learn about your community's warning signals: what they sound like and what you should do when you hear them.
- Ask about animal care after disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Next, find out about the disaster plans at your workplace, your children's school or day-care center and other places where your family spends time.

2

### Create a disaster plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
  1. Right outside your home in case of a sudden emergency, like a fire.
  2. Outside your neighborhood in case you can't return home.
- Everyone must know the address and phone number.
- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

3

### Complete Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 9-1-1 for emergency help.
- Show each family member how and when to turn off the water, gas and electricity at the main switches.
- Teach each family member how to use the fire extinguisher.
- Install smoke detectors on each level of your home.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

4

### Practice/Maintain Plan

- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace water every six months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.



[www.snohomishcountywa.gov/622/Preparedness](http://www.snohomishcountywa.gov/622/Preparedness)

## Emergency Tips

Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use common sense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television or radio news reports for information or official instructions as they become available. If you're specifically told to vacate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, make these arrangements in advance.

**Staying put:** Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter in-place alone or with friends, family or neighbors.

Also consider how a shelter designated for the public would meet your needs.

There could be times when you will need to stay put and create a barrier between yourself and potentially contaminated air outside. This process is known as "sealing the room." Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action.

**Vacating:** There may be conditions in which you will decide to get away or there may be situations when you may be ordered to leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Ask about plans at the places where you spend time including work, school, community organizations and other places you frequent. If you typically rely on elevators, have a back-up plan in case they are not working.

### After an earthquake:

- Be aware of possible tsunamis
- Do not use the telephone. Use mobile phones or texts to report an emergency. Text family "I'M OK."
- Wear shoes near fallen debris or broken glass.
- If possible, put out small fires.
- Use battery-powered flashlight, but turn it on outdoors (battery may produce spark that could ignite leaking gas).
- Check gas, electrical, water lines and appliances for damage.
- Check building for cracks and damage.
- Clean up spilled medicines, bleaches and flammable liquids.
- Check water and sewage line.
- Check closets, cupboards, water and food supplies.
- Use charcoal or gas grills outdoors for cooking.
- Do not use your car unless it is an emergency.
- Be prepared for aftershocks.

For more information visit [www.fema.gov/plan](http://www.fema.gov/plan)



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For more information please call 855-901-9139 or visit

**MyEClinic.org**

# HOUSE FIRES

## Most common disaster in U.S.

- If a fire occurs in your home, **GET OUT, STAY OUT** and **CALL 9-1-1** for help.
- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year.
- Talk with all household members about a fire escape plan and practice the plan twice a year.



## Steps you can take to prevent a house fire

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Never smoke in bed.
- Talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- Turn portable heaters off when you leave the room or go to sleep.
- grill or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- Keep anything that can catch fire — like pot holders, towels, plastic and clothing — away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.

### Cooking safely

- Stay in the kitchen when frying,

## Smoke Alarms

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Teach children what smoke alarms sound like and what to do when they hear one.
- Once a month check whether each alarm in the home is working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms. Never use a generator,

grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Carbon monoxide kills!



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## Follow Your Escape Plan!

- If closed doors or handles are warm, use your second way out. Never open doors that are warm to the touch.
- Crawl low under smoke.
- Go to your outside meeting place and then call for help.
- If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

## Fire Escape Planning

- Ensure that all household members know two ways to escape from every room of your home.
- Make sure everyone knows where to meet outside in case of fire.
- Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

## Fire Extinguishers

Use a portable fire extinguisher **ONLY** if you have been trained and in the following conditions:

- The fire is confined to a small area, and is not growing.
- The room is not filled with smoke.
- Everyone has exited the building.
- The fire department has been called.
- Remember the word PASS when using a fire extinguisher.
- Pull the pin and hold the extinguisher with the nozzle pointing away from you.
- Aim low. Point the extinguisher at the base of the fire.
- Squeeze the lever slowly and evenly.
- Sweep the nozzle from side to side.





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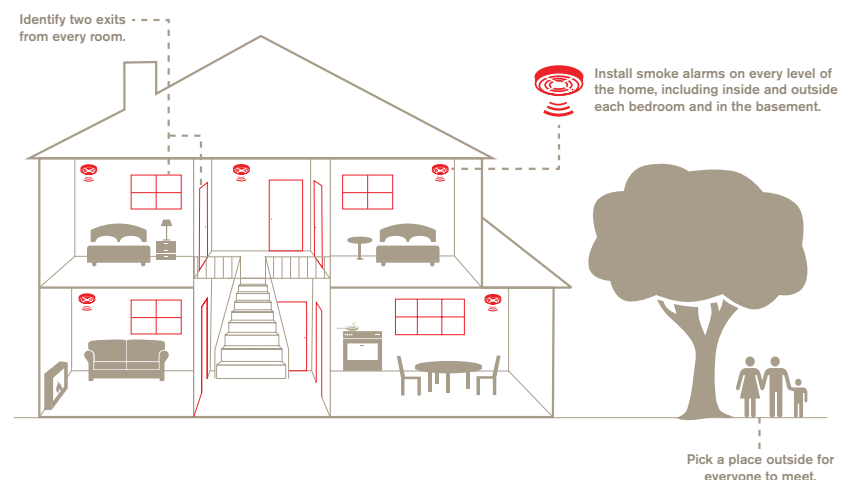
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## Mapping Out Your Escape Plan: Single Family Home



Do you know that if a fire starts in your home, you'll have just two minutes to escape? That's why it's important to have working smoke alarms in your home, develop an escape plan and practice that plan. Practice that plan until everyone in the household can evacuate in less than two minutes. Test the smoke alarms every month, and replace the batteries as needed.



For more information, visit [redcross.org](http://redcross.org)

# DISASTER KIT

■ **Alternative Water Source:** If you are unable to purchase water, a typical home water heater can provide 30 or more gallons of clean drinking water. To use the water in your tank, first turn off the electricity or gas to the water heater. Then, close the supply valve to preserve the cleanliness of the water in the tank. Next, get the air out of the tank by opening any hot-water tap such as the kitchen sink. (Caution: The water coming out of the tank may be very hot.) You can use a short water hose (e.g., the supply hose to a washing machine) to drain the water from the tank. Use a screwdriver or coin to operate the drainage valve. If you do not have a hose to transfer the water to jugs or pots, use a shallow pan to collect the water. Allow the tank to fill before restoring power to the water heater.

■ **Food:** At least a 14-day supply

of nonperishable food. Add a can opener, scissors or knife for cutting open foil and plastic pouches, and disposable plates, cups and utensils. Remember food for infants, those on special diets, pets. Keep a list of dates when food items need to be replaced.

■ **First aid supplies:** Bandages, washcloths, cleaning agent/soap, hydrogen peroxide/isopropyl alcohol, antiseptic cream and aspirin or an aspirin substitute.

■ **Important information:** Phone numbers, family records, insurance and financial documents and copies of passports, identification documents, Social Security cards, medications, immunization records for people and pets, etc.

■ **Radio, flashlight and batteries:** Include a battery-powered or hand-cranked flashlight and radio and extra batteries.



■ Think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are and how you will contact them in an emergency.

■ Create your own personal support network by identifying others who will help you in an emergency.

■ Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible.

■ If you have tools or aids specific to your disability, plan how you would cope without them. For example, if you use a communication device, mobility aid, or rely on a service animal, what will you do if these are not available?

■ If you are dependent on life-sustaining equipment or treatment such as a dialysis machine, find out the location and availability of more than one facility.

■ For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers and others in your personal support network.

■ If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people and ask them to be part of your support network. Share each aspect of your emergency plan with everyone in your

group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary.

■ Make sure everyone knows how you plan to evacuate your home, school or workplace and where you will go in case of a disaster.

■ Make sure someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Teach them how to use any lifesaving equipment or administer medicine in case of an emergency.

■ If you use a wheelchair, oxygen or other medical equipment show friends how to use these devices so they can move you if necessary or help you evacuate.

■ Practice your plan with those who have agreed to be part of your personal support network.

■ Inform your employer and co-workers about your disability and let them know specifically what assistance you will need in an emergency.

■ If you are hearing impaired, discuss the best ways to alert you in an emergency.

■ Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

■ Consider a plan where each family member calls or e-mails the same friend or relative in the event of an emergency. An out-of-town contact, not in the impacted area, may be in a better position to communicate among separated family members.

## Snohomish County: Text to 911

! **ALWAYS** call 911 if you can!

! **ALWAYS** send your location and type of help you need in the first text.

911 dispatchers do not automatically know your location. No address? Use intersections, building landmarks, mile markers, or street signs to communicate where you are located.



**Snohomish County**  
E911 Office



[www.snohomishcountywa.gov/E911](http://www.snohomishcountywa.gov/E911)



***In a disaster your most immediate source of help are the neighbors living around you.***

# MYN

## Map Your Neighborhood

### Prepare

Neighborhoods that are prepared for emergencies and disaster situations save lives, reduce the severity of injuries and trauma, and reduce property damage. In addition, contributing as an individual and working together as a team helps develop stronger communities and improve the quality of life in the community. And it's FREE!

### Learn

- Learn the first 9 Steps to Take Immediately Following a Disaster to secure your home and protect your neighborhood. It is hard to think clearly following disaster. These steps will help you to quickly and safely take actions that can minimize damage and protect lives.
- *Identify the Skills and Equipment Inventory* each neighbor has that are useful in an effective disaster response. Knowing which neighbors have supplies and skills ensures a timely response to a disaster and allows everyone to contribute to the response in a meaningful way.
- *Create a Neighborhood Map* identifying the locations of natural gas and propane tanks for quick response

if needed.

- *Create a Neighborhood Contact List* that identifies those with specific needs such as the elderly, those with a disability, or homes where children may be alone during certain hours of the day.
- *Work Together as a Team* to evaluate your neighborhood after a disaster and take the necessary actions.

Teaches neighbors to rely on each other during the hours or days before fire, medical, police, or utility responders arrive.

Takes just one person to begin this process by inviting the neighborhood to his or her home for a 90-minute meeting, facilitated by the program DVD.

**Program Components** (accomplished in a 90-minute neighborhood meeting):

- *9-Step Response Plan* begins at home and then reaches throughout the neighborhood. It teaches what to do to save a life, reduce the severity of injuries, reduce emotional distress, and decrease property and environmental damage.
- *Skill & Equipment Inventory* saves response time by identifying who in the

neighborhood has relevant response skills and equipment.

- *Neighborhood Map* created during the neighborhood meeting pinpoints the exact locations of natural gas meters and propane tanks, recognizing the single biggest source of neighborhood fire (about 67%) following disaster is natural and propane gas leaks.

■ *Contact List* identifies who in the neighborhood may have specific needs following the disaster, including those who are elderly, neighbors with disability, or those home alone.

### Program Materials:

- *MYN Neighbor Handout*: contains the 9-Step Response Plan, Skill & Equipment Inventory, Neighborhood Map & Contact List, Help / OK card. Available in English and Spanish.
- *MYN Discussion Guide*: designed as a 'script' for MYN's DVD and can be easily read if a DVD player is not available.
- *MYN DVD*: produced in a play-pause-discuss format and is subtitled in English, Spanish, Russian, Korean, Chinese, and close-captioned for the hearing impaired.
- *MYN CD*: supporting materials (also

available online) – includes Discussion Guide, meeting invitation, promotional flyer, brochure, reporting tool, and database.

- *Personal Preparedness: Prepare in a Year (PIY)* and *Getting Ready Home* programs offer step-by-step instructions, compelling photos, and streaming videos which educate people on how they can prepare their families and homes to better survive disasters (only available online).

■ *Preparedness Website*: conceptualized to support the Preparedness Strategic Plan of "enabling and empowering preparedness activity in communities," averaging 900,000 hits per month.

### Additionally:

- Partners in 43 states, including Washington, have found MYN to be a cost effective and time efficient approach to neighborhood preparedness.
- MYN has a proven track record. During the 2001 Nisqually earthquake, 92% of 460 organized neighborhoods in Seattle reported responding in a timely and organized manner to the needs of their neighbors.

DISASTER PREPAREDNESS

CALENDAR

You can do this.  
Start today.

Your Disaster Preparedness Calendar is designed to guide you through the process of building a disaster supplies kit and developing a home disaster plan over a six-month time frame. The calendar guides you through a weekly progression of preparedness actions. As you progress, check off the preparedness steps you’ve taken. If you live with other people, get them involved. Once you get started, it gets easier knowing you are taking steps toward protecting your

well-being. Snohomish County recommends a 2-week supply of water and nonperishable food. How much water? One gallon per person per day for drinking, cooking and hygiene. If you live in a remote area or on an island, plan for a two weeks or more supply of food and water. Having a disaster plan and supply kit will increase your ability to help others during times of regional disruption.

*This calendar/checklist is designed to build a 14-day supply kit for one person.  
Adjust quantities based on the number of people in your household.*

To download this checklist in PDF form visit <http://class.heraldnet.com/ads/redcross/RCCalendar2015.pdf>



WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18
<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 3 gallons water *</li><li><input type="checkbox"/> 1 jar peanut butter</li><li><input type="checkbox"/> 3 cans meat *</li><li><input type="checkbox"/> 1 hand-operated can opener</li><li><input type="checkbox"/> Permanent marking pen</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Pet food, diapers, baby food</li></ul> <b>Action Steps:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Date perishable items with marker</li><li><input type="checkbox"/> Decide upon &amp; notify out-of-area contact who can coordinate information for scattered family members</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Disaster Kit from American Red Cross</li><li>OR</li><li><input type="checkbox"/> Heavy cotton or hemp rope</li><li><input type="checkbox"/> Duct tape</li><li><input type="checkbox"/> 2 flashlights with batteries</li><li><input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>leash or carrier for your pet, extra set of I.D. tags.</li></ul> <b>Action Steps:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Sign up for First Aid/ CPR class at local American Red Cross</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 3 gallons water*</li><li><input type="checkbox"/> 2 cans meat *</li><li><input type="checkbox"/> 2 cans fruit *</li><li><input type="checkbox"/> Feminine hygiene supplies</li><li><input type="checkbox"/> Paper &amp; pen</li><li><input type="checkbox"/> Local map</li><li><input type="checkbox"/> Pain reliever</li><li><input type="checkbox"/> Laxative</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>1 gallon water for each pet</li></ul> <b>Action Steps:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Find out about what kinds of disasters can happen in your area</li><li><input type="checkbox"/> Encourage neighbors to develop their own plans</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Compass</li><li><input type="checkbox"/> Medicines / prescriptions "for emergency use", contact-lens supplies</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 2 gallons water*</li><li><input type="checkbox"/> 2 cans fruit*</li><li><input type="checkbox"/> 2 cans vegetables*</li><li><input type="checkbox"/> 2 cans meat*</li><li><input type="checkbox"/> 3 rolls toilet paper</li><li><input type="checkbox"/> Extra toothbrush</li><li><input type="checkbox"/> Travel-size toothpaste</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Special foods for special dietary needs</li></ul> <b>Action Steps:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Identify escape routes from house for all family members</li><li><input type="checkbox"/> Identify safe places to go in case of fire, flood, earthquake, or other local disasters</li><li><input type="checkbox"/> Practice a drill for each of your plans</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> American Red Cross First Aid kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves</li><li><input type="checkbox"/> Safety pins</li><li><input type="checkbox"/> Sunscreen</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Identify storage area for your supplies such as closet near an exit, or several heavy-duty, watertight plastic garbage cans that can be stored outside. If using outside storage—ensure container is weather and animal proof</li></ul>	<b>Action Steps</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Add to emergency supplies a change of clothing and pair of sturdy shoes for each person in the family</li><li><input type="checkbox"/> Put together a selection of favorite and most used spices—salt, pepper, sugar—in small packets</li><li><input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person</li><li><input type="checkbox"/> Check to be sure all perishables have been dated</li></ul>	Check your American Red Cross Disaster Kit OR Buy <ul style="list-style-type: none"><li><input type="checkbox"/> Whistle</li><li><input type="checkbox"/> Extra batteries for flashlights and radio</li><li><input type="checkbox"/> Pry Bar</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Pliers</li><li><input type="checkbox"/> Screwdriver</li><li><input type="checkbox"/> Hammer</li><li><input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Secure bookcases, water heater, computer, kitchen cabinets or heavy items that could fall in an earthquake</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 3 cans fruit*</li><li><input type="checkbox"/> 3 cans meat*</li><li><input type="checkbox"/> 3 cans vegetables*</li><li><input type="checkbox"/> 3 gallons water*</li></ul> <b>Action Steps:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Develop a disaster supply kit for your vehicles or purchase a ready-made kit from the American Red Cross</li><li><input type="checkbox"/> Find out if you have a neighborhood safety group and become involved</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> "Child-proof" latches or fasteners for cupboards</li><li><input type="checkbox"/> Mmuseum putty/gel to secure movable items on shelves and wall-mounted photos or art</li></ul> <b>Action Steps</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Secure doors and movable items on shelves and walls</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 box graham - crackers</li><li><input type="checkbox"/> Assorted plastic containers with lids</li><li><input type="checkbox"/> Dry cereal</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Special equipment such as hearing aid batteries</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work</li></ul>
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 3 cans ready-to-eat soup (not concentrated)*</li><li><input type="checkbox"/> 3 cans fruit*</li><li><input type="checkbox"/> 3 cans vegetables*</li><li><input type="checkbox"/> Sewing kit</li><li><input type="checkbox"/> Disinfectant</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Extra baby supplies (bottles, formula, diapers)</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame</li></ul>	<b>FIRST AID SUPPLIES</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Scissors</li><li><input type="checkbox"/> Tweezers</li><li><input type="checkbox"/> Thermometer</li><li><input type="checkbox"/> Liquid antibacterial hand soap</li><li><input type="checkbox"/> Disposable hand wipes</li><li><input type="checkbox"/> Sewing needles</li><li><input type="checkbox"/> Petroleum jelly or other lubricating cream</li><li><input type="checkbox"/> 2 tongue depressors</li><li><input type="checkbox"/> (Check your American Red Cross First Aid kit before shopping to avoid duplication)</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Put extra eyeglasses in First Aid kit</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 3 cans ready-to-eat-soup*</li><li><input type="checkbox"/> Liquid dish soap</li><li><input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment</li><li><input type="checkbox"/> 1 box heavy-duty garbage bags with ties</li><li><input type="checkbox"/> Antacid (upset stomach)</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Test smoke detectors and replace batteries</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Waterproof portable container for important papers</li><li><input type="checkbox"/> AM/ FM Radio</li><li><input type="checkbox"/> Wrench to turn off utilities</li></ul> <b>Action Steps:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Make sure everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off</li><li><input type="checkbox"/> Use Velcro or strong magnet to attach a wrench near each shutoff valve so it is there when needed</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 large can juice*</li><li><input type="checkbox"/> Large plastic food bags</li><li><input type="checkbox"/> 1 box high-energy snacks*</li><li><input type="checkbox"/> 3 rolls paper towels</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Keep extra battery for cell phone or change for pay phone usage in disaster supplies</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Locate pay phones closest to your home</li></ul>	<b>GROCERY or PET CARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Litter and box</li><li><input type="checkbox"/> Extra water</li><li><input type="checkbox"/> Pet First Aid Kit</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Photocopy important documents and store in plastic bag: drivers license, medical prescriptions, insurance info, will, etc.</li></ul>	<b>FIRST AID SUPPLIES</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Rubbing alcohol</li><li><input type="checkbox"/> Antidiarrheal medication</li><li><input type="checkbox"/> Antiseptic</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Procure sleeping bag or blanket for each family member</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 3 cans meat*</li><li><input type="checkbox"/> 3 cans vegetables*</li><li><input type="checkbox"/> 1 box facial tissues</li><li><input type="checkbox"/> 1 box quick energy snacks</li><li><input type="checkbox"/> Dried fruits/nuts</li><li><input type="checkbox"/> 2 gallons water*</li></ul> <b>Action Stes:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Assemble an activity box of cards, games, toys</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Plastic bucket with tight lid for toileting needs</li><li><input type="checkbox"/> Plastic sheeting</li></ul> <b>Additional:</b> <ul style="list-style-type: none"><li>Denture care supplies</li></ul> <b>Action Stes:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area</li></ul>	<b>GROCERY Store</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 2 boxes quick energy snacks</li><li><input type="checkbox"/> Comfort foods (candy bars, cookies, etc.)</li><li><input type="checkbox"/> Plastic wrap</li><li><input type="checkbox"/> Aluminum foil</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Purchase and install emergency escape ladder for upper floors</li></ul>	<b>HARDWARE Store</b> <ul style="list-style-type: none"><li>Check your American Red Cross Disaster Kit OR Buy</li><li><input type="checkbox"/> Camping or utility knife</li><li><input type="checkbox"/> Work gloves</li><li><input type="checkbox"/> Safety goggles</li><li><input type="checkbox"/> Disposable dust mask*</li></ul> <b>Action Step:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store</li></ul>	<b>Congratulations</b> <ul style="list-style-type: none"><li><b>Ongoing Action Steps:</b><ul style="list-style-type: none"><li><input type="checkbox"/> When you change your clocks for daylight savings, take the opportunity to revisit your disaster preparedness plan.</li><li><input type="checkbox"/> Check expiration dates on your food supply, replenish as needed</li><li><input type="checkbox"/> Refill water supply</li><li><input type="checkbox"/> Test smoke alarms and change batteries once a year</li><li><input type="checkbox"/> Practice fire and earthquake drills</li></ul></li></ul>

\*Per person

# ALERTS AND EMERGENCY COMMUNICATION

## CERT (Community Emergency Response Team)

[www.everettwa.gov/243/CERT-Class](http://www.everettwa.gov/243/CERT-Class)

The Everett Fire Department offers Community Emergency Response Team (CERT) classes. The 8-session course will provide a variety of disaster planning, recovery and survival skills aimed at surviving and assisting our community in disaster response and recovery. Citizens, as well as business owners, are encouraged to participate or send employees to these free emergency preparedness classes. To date, more than 600 people have participated in the Everett Fire Department CERT Program. There is a requirement to attend all sessions, establish a home emergency kit, obtain personal safety equipment and be a willing team participant. Cost for personal safety equipment is approximately \$30 and it's advised to purchase equipment on your own to ensure proper fitting. The basic equipment information and where to purchase will be explained at the first class. If interested in CERT call your local fire department for information. If you live in the City of Everett, Everett OEM information is online at <https://www.everettwa.gov/243/CERT-Class>. Residents living in south county should contact Fire District 1. In Marysville, applications are available online at [www.marysvillewa.gov/758/CERT](http://www.marysvillewa.gov/758/CERT) or through the City of Marysville Emergency Management Office. For more information, contact the City of Marysville Emergency Management at 360-363-8096 or email [drose@marysvillewa.gov](mailto:drose@marysvillewa.gov). Residents of Tulalip can find more information online at [www.tulaliptribes-nsn.gov/Home/Government/Departments/OfficeofEmergencyManagement/CERT.aspx](http://www.tulaliptribes-nsn.gov/Home/Government/Departments/OfficeofEmergencyManagement/CERT.aspx). If you live outside these areas contact Randy Fay at 425-388-5063.

## Emergency Alert Program

<http://public.alertsense.com/SignUp/?regionid=1129>

Residents and businesses in Snohomish County can sign up to receive up-to-date emergency notifications through an emergency notification program called AlertSense. Snohomish County Department of Emergency Management, in coordination with the county's 9-1-1 call centers, has opened public enrollment in the county's AlertSense System. Emergency response providers will use AlertSense to warn people quickly in emergencies that may affect the local area. Residents and businesses may elect to receive alerts by e-mail or text message. AlertSense allows individuals without landline phone service to link their address and cell phone to receive notifications affecting their registered location.

## SERV Program – An Opportunity to Volunteer

[www.snohomishcountywa.gov/2754/Snohomish-County-Emergency-Response-Vol](http://www.snohomishcountywa.gov/2754/Snohomish-County-Emergency-Response-Vol)

Snohomish County Emergency Response Volunteers (SERV) is made up of volunteers from Snohomish County with a wide range of experience that donate their time to support the Emergency Coordination Center (ECC) during activations, trainings and exercises. Volunteer tasks may include monitoring the incoming phone calls, assisting with displays throughout the room, helping to input resource requests, screening visitors, and other responsibilities as needed. Membership is open to anyone over the age of 18 in the community with an interest in providing necessary support to the ECC during a disaster or emergent situation. Volunteers make a commitment to attend monthly trainings, annual exercises, and build a strong team that will interact well with county employees and support agencies during activation. For more information about SERV contact Jarrod Dibble at 425-388-5073, [snodemserv@snoco.org](mailto:snodemserv@snoco.org).

### Add Snohomish County Alerts to Your Communication Device

<http://public.alertsense.com/SignUp/?regionID=1129>

### Download **FREE DISASTER PREPAREDNESS APPS**

available for iPhone and Android users.

Search "American Red Cross" at the

Apple App or Google Play Stores for:

Earthquake App • Hurricane App • First Aid App • Shelter Finder App

## NOAA Weather Radio

A NOAA Weather Radio is a necessary tool to stay informed about severe weather and what actions to take. Everett Emergency Management has purchased and installed NOAA Weather Radios in city public areas including: Everett Public Library, City Administration Building, Police Department, Public Works, Everett School District Office, and Fire Department Administration.



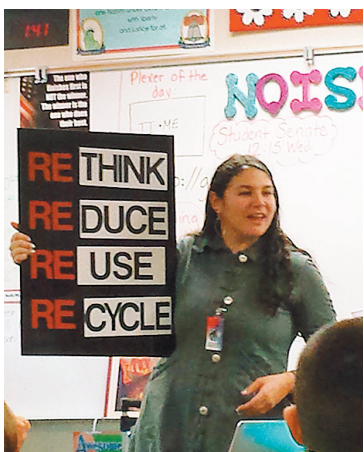
- **At Home:** Be warned of approaching storms so you can seek shelter before the storm arrives!
- **At Work:** You can listen to the broadcast no matter where your workplace may be.
- **While Traveling:** Available to travelers on highways and at rest areas across the nation.
- **At Play:** Include a Weather Radio along with sports equipment when inclement weather is possible.
- **While Boating or Camping:** Available in many coastal and wilderness areas and in campgrounds and state parks.

## Websites with more information:

Snohomish Co. Dept. of Emergency Mgmt ... [snohomishcountywa.gov/DEM](http://snohomishcountywa.gov/DEM)  
 American Red Cross ..... [redcross.org](http://redcross.org)  
 WA State Emergency Management  
 Division ..... <http://mil.wa.gov/emergency-management-division>  
 Snohomish County Fire District ..... [firedistrict1.org](http://firedistrict1.org)  
 Sno. Co. School Districts ..... [snohomishcountywa.gov/384/School-Districts](http://snohomishcountywa.gov/384/School-Districts)  
 FEMA ..... [fema.gov](http://fema.gov)  
 Ready ..... [ready.gov](http://ready.gov)  
 ASPCA ..... [aspc.org](http://aspc.org)  
 Humane Society ..... [humanesociety.org](http://humanesociety.org)  
 Providence Health & Services ..... [providence.org](http://providence.org)  
 Cascade Valley Hospital ..... [cascadevalley.org](http://cascadevalley.org)  
 To Volunteer ... [www.snohomishcountywa.gov/749/volunteer-opportunities](http://www.snohomishcountywa.gov/749/volunteer-opportunities)



## Be part of something bigger!



At Republic Services, we bring the brightest minds together to advance reliable and responsible recycling and waste disposal services that promote environmental stewardship.

For over 20-years, we have partnered with Snohomish County to pioneer new initiatives that have a direct impact on creating resourceful energy and improving our environment.

Snohomish County was the first county in the state to send waste to our Roosevelt gas-to-energy landfill in Klickitat County. It's Washington state's only facility that converts gas from waste into electricity and the largest in the nation. Today we convert enough landfill gas into electricity to power more than 22,000 homes a year and that number is growing.

Roosevelt is just one example of our efforts to advance sustainability and create partnerships that benefit the communities we serve.

Our commitment to environmental stewardship goes much further than just innovation and new technology. In bringing together the brightest

minds, we believe in the power of education, and have learned that some of our brightest minds are in our own backyard!

Working with Snohomish County, Republic Services has created Green Teams in local elementary and middle-schools that are actively working to make their respective schools more green all the time.

At Meadowdale Middle School students lead an effort to create their own waste sort measures and tactics. From kitchen staff to custodians to teachers to district administrators – students launched a full school effort and by 2015, they were recycling and composting over 50-percent of their waste.

At Highland Elementary School, students built a ramp for dumpster access to implement a lunchroom recycling program. The Green Team created a PowerPoint Presentation about the importance of recycling and visited every classroom to encourage all students to participate. Their school recycling rate went from 27-percent to over 45-percent today.

Those are just two schools out of

dozen where students are learning that their ideas are more impactful than they realize. And we are proud to be working with them.

Recently, Republic Services added a new educational program for preschool children. Through story time play in local libraries, younger children learn about recycling and are empowered to be environmental stewards in their own households. It's a program started in Snohomish County that we hope to model in other communities across the state.

And who knows, maybe one day, one of those preschool, elementary or middle-school students will be the next industry leader in creating responsible recycling and waste disposal technology for a greener planet.

For Republic Services, improving our environment is part of our daily routine and working with the communities we serve is part of our ethos. We look forward too many more partnerships with Snohomish County in the years to come.

**Joe Casalini**  
Republic Services



At Republic Services, we bring the brightest minds together to advance reliable and responsible recycling and waste disposal services that promote environmental stewardship. **And many of those bright minds are found in Snohomish County.**

Through active learning, students throughout Snohomish County are pioneering new initiatives to increase recycling and composting in their schools – and they are having a direct impact on improving our environment.

Partnering to create a greener planet is our daily job. We operate the most innovative recycling facility in the country, have engineered the state’s only gas-to-energy landfill, and made a carbon commitment to haul waste by rail rather than trucks on highways. But we must admit, of all our endeavors, our ability to partner with a future generation of bright minded pioneers, is the most rewarding.

Thank you to Snohomish County for your continued partnership and environmental stewardship. With a special thank you to all the faculty, teachers, custodians, and cafeteria staff who help empower our students to make a difference.



**REPUBLIC**  
SERVICES

[www.RepublicServicesNW.com](http://www.RepublicServicesNW.com)

**[Preparedness:** The ability to be ready for something when it happens. **]**

## Message from Snohomish County Executive



**DAVE SOMERS**

*Snohomish County Executive*



**Snohomish County  
Emergency Management**

Dear Neighbor:

We don't often have to make life and death decisions. But you have one in front of you today. When a disaster strikes, will you be prepared?

As we have seen across the country in recent years, there is a grim reality: those who prepare, survive; those who don't, suffer. Just a few minutes of advanced preparation each month might mean that the upheaval of an earthquake, fire, volcanic eruption, flood, windstorm or other violent disruption is a story of survival you tell for years to come.

The keys to survival are clean water, food, and shelter. If you have stocked enough clean water, you, your family and your pets have a few days to wait for help to arrive. If you have made preparations for an emergency by setting aside nonperishable food items along with your water, you can survive even longer. And if you have also prepared with some emergency blankets and other items to keep you warm, you are probably prepared to ride out almost any disaster.

Current recommendations are for each household to have a 14-day supply of water and food on hand for each person and pet. If the expected Big One hits the Puget Sound region, we may be without power and assistance for as long as two weeks. Imagine that all the bridges are down, roadways impassable, water mains broken, distribution systems disrupted. We will each need to be self-reliant for as many days as it may take for order to be restored. If you have 14 days of supplies ready, you are as prepared as possible for almost any contingency.

Let me also add that one of the biggest lessons learned from recent disasters is that often people are prepared but pets are not. If you own pets, please make sure you have enough food and water set aside for them, too. They are counting on you to look out for them.

Be prepared and we will all survive the next disaster. Your local, state and federal emergency management teams are always working hard to prepare, but they need you to do the same.

Sincerely,

**Dave Somers**

*Snohomish County Executive*

1748373

